



## **Henderson County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the school year of 2007-08 formation of CSH in the Henderson County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Henderson County School System that includes:

- School Health Advisory Committee
- Four Active Healthy School Teams
- School Health Policies strengthened or approved...No action
- Total Amount of In-Kind/Grant Funding Since 2007, the beginning of CSH in Henderson County, equals \$46,220.35

Community partnerships have been formed to address school health issues. Current partners include:

- Henderson County UT Extension
- West TN Regional Health Department/TenderCare
- Henderson County Health Department
- American Heart Association, Henderson County Health Council
- Lexington High School Health Occupations Student Association (HOSA)
- Scotts Hill High School Health Occupations Student Association
- Tennessee Tech Nursing Program in Lexington
- Tennessee Nutrition Consumer Education Program (TNCEP) Coalition
- Jackson Sun, Lexington City Schools CSH
- Henderson County Adult Education Center
- Henderson County TAPPP Council (TN Adolescent Pregnancy Prevention Program)
- Henderson County Schools Mental Health Team
- Partnership with Well Child

### **Parent and Student Involvement Developed**

During the 2007-08 school year, Scotts Hill High School had one student from each grade attend every CSH meeting providing insight and creative ideas for student friendly programs. One K-8 school hosted a CSH parent night where parents visited the school, were introduced to CSH and were able to exercise by walking in the gym.

During the 2008-09 school year, four LHS HOSA students and six HOSA students assisted with National Kick Butts Day at Lexington High School and Scotts Hill High School. Twelve teen moms from LHS and four teen moms from SHHS attended Special Parents Raising Kids, (SPARKS) meetings at LHS and at SHHS along with a few dads in attendance. This program teaches good parenting skills. Fourth graders in three schools participated in the “Power U” program in coordination with UT Extension and the Health Department. Approximately 50 participants participated in the UT Extension and LeBonheur LHS Henderson County Shapes Up Program.

During the 2009-10 school year, fourth graders in three schools participated in the “Power U” program in coordination with UT Extension and the Health Department. Six LHS HOSA students and six HOSA students assisted with National Kick Butts Day at Lexington High School and Scotts Hill High School. Eight teen moms from LHS and six teen moms from SHHS attended the Special Parents Raising Kids, SPARKS, meetings at LHS and at SHHS. This program teaches good parenting skills. One teen mother from one of the high schools attended the TAPPP committee meetings serving as a student representative. Five Pre-K parents attended the county Child Health Week Celebration with their children. One parent assisted with the school health screenings at a K-8 school and two parents who were also TN Tech Nursing Students assisted with the student health screenings at the high schools.

During 2010-11 school year, the UT Extension implemented the “On My Own” program at two of our K-8 schools. Since 2007, we have had a total of around 40 parents assisting with CSH. Around 40 students are partnering with CSH to address school health issues. Ten parents are collaborating with CSH.

### **School Health Interventions**

Since CSH has been active in Henderson County Schools, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – in 2010-2011, 1,641 students were screened and 960 students were referred.

#### **Number of Students Seen by a School Nurse and Returned to Class**

<b>Year</b>	<b>Visits</b>	<b>Returned to Class</b>
2007		
2008	36,254	33,113
2009	30,723	29,087
2010	35,071	30,268
Total Numbers	102,048	92,468

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

<b>Percentage of Students BMI</b>				
	2007	2008	2009	2010
Underweight	1.52	2.8		3
Healthy Weight	56.05	56.9		56
At Risk of Overweight	17.04	17.9		41
Overweight	25.38	22.4		25

**2010-11 Henderson County Schools  
Total number of referrals out of 1,641 Students Screened**

BMI	667
BP	57
Vision	170
Hearing	94
Scoliosis	0
Dental	0

Items purchased with CSH funds to enhance school health efforts include, a climbing wall at one k-8 school, a variety of playground structures at four K-8 schools, physical activity equipment for seven K-8 schools at two high schools, fitness dice, Wii's, basic physical education equipment for all nine schools, health screening equipment, Michigan Model health curriculum, salad bar, nutritional and health educational teaching tools, new materials for classrooms, new physical education/physical activity equipment, playground structures, salad bars, conducted health screenings on staff and students, partnered with community agencies to bring in free health & nutrition programs, active health committees and teams, provide continual support for teachers and support staff, regular CSH training for nurses, conducted YRBS surveys in middle and high school, and worked closely with all staff involved in school health;

Professional development provided to school health staff include professional development on CSH to all staff training on risky behaviors of teenagers for the healthy school teams, and training on mental health needs of children to all staff. CSH has sent physical education teachers to TAPHERD in the past and sent school counselors to Michigan Model training. Mental health teams participated in mental health training by Vanderbilt University;

School faculty and staff have received support for their own well-being through CSH distributed monthly health magazines to all staff for the past four years. CSH has partnered with LeBonheur Community Outreach to conduct Lace Up for a Good Life which is a walking program that included pre/post screening (cholesterol, glucose, blood pressure, height, weight, and BMI checks). CSH partnered with UT Extension to conduct Henderson County Shapes Up (blood pressure, height, weight, and BMI was checks).

Interventions that address childhood obesity and behavioral health issues include:

- Health Education Interventions – Michigan Model health curriculum, program partnerships with community agencies (UT Extension, Health Department, LeBonheur), CSH purchased teaching tools and materials, staff developments/trainings, and wellness programs for staff and students through community partnerships;
- Physical Education/Physical Activity Interventions – CSH purchased new physical education equipment for the gym and playground for all schools, CSH purchased physical activity equipment and materials for all schools, CSH conducted staff development on 90 minute physical activity law at a high school, CSH has informed the principals and HST's of the 90 minute physical activity law numerous times, CSH provided each staff member at the high schools a bonded copy of the Physical Activity Handbook, CSH provided the teachers with music CD's that accompany the Physical Activity Handbook, CSH purchased large playground structures and climbing walls, the schools applied for mini-grants, CSH purchased nutrition education materials and teaching tools for the teachers;
- Nutrition Interventions – CSH purchased nutrition posters and educational banners for all school cafeterias, CSH purchased calorie counting books that includes the nutrition facts of all food for the cafeterias to post nutrition facts of the items they serve and CSH assisted in minimizing the use of fryers to once a week;
- Mental Health/Behavioral Health Interventions – successful mental health team, mental health training for all personnel, and mental health team participated in training by Vanderbilt University.

In such a short time, CSH in the Henderson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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